



Advanced
BARIATRICS

July 2026 Newsletter

Who Is Advanced Bariatrics?



- At **Advanced Bariatrics**, our mission is to help people struggling with obesity reclaim their health and transform their lives utilizing the tools of medical weight loss, bariatric surgery, or a combination of both.
- **Expert Surgeons and Multidisciplinary Team:** Led by fellowship-trained bariatric surgeons and Fellows of the American College of Surgeons — Dr. John Cheregi, Dr. Hsin-Yi Chang, and Dr. Daniel Hoeltgen work in conjunction with our Nurse Practitioner, Registered Dietitians, and team of psychologists.
- **Compassionate Care:** A judgment-free environment offering where obesity is treated as the chronic medical condition it is.
- **Personalized Plans:** Tailored treatment strategies designed around each patient's needs and goals.
- **Team Approach:** Collaborative multidisciplinary team guiding you to the right procedure and supporting you every step of the way.
- **Life-Changing Results:** Our patients don't just lose weight — they gain a healthier, happier future.

Dr. John Cheregi

#TEAMCHEREGI



Expertise: Fellowship-trained in **bariatric surgery** and **advanced laparoscopy**.



Patient-Centered Care: Understands the challenges of weight loss and provides **judgment-free support**.



Long-Term Success: Guides patients in choosing the right procedure and making sustainable **lifestyle changes**.



Positive Approach: Emphasizes **education, encouragement, and collaboration** to achieve personal health goals.



Vision: Helps patients **envision and realize a healthier future**.

"I want my patients to feel that I'm here at every step of the way. This is a life-changing journey. From the very first conversation about the challenges you face – through surgery and follow-up – we are right by your side. We are committed to helping you reach your goals."

Dr. Hsin-Yi Chang

#TEAMCHANG

Specialty: Minimally invasive bariatric surgery to support significant, lasting weight loss.

Patient Approach: Collaborative and personalized, tailored to each individual's wellness journey.

Goal: Improve quality of life and empower patients to achieve transformative outcomes.

Impact: Short procedures, long-term results—enhanced health, longevity, and life-changing success.

"The ideal patient-doctor relationship is one in which both people are listening and learning. I want my patients to understand the pros and cons of every procedure we are discussing. Together, we'll find the best path forward. I'll be with them throughout their journey."



Dr. Daniel Hoeltgen

#TEAMHOELTGEN



Specialties & Interests: Advanced laparoscopic surgery, robotic surgery, bariatric surgery

Surgical Experience: Extensive expertise in advanced laparoscopic and robotic techniques, including gastric bypass

Teaching & Leadership:

- Faculty for multiple major laparoscopic surgery companies, training fully trained surgeons
- Former Chairman of the Department of Surgery
- Medical Director of Bariatric Surgery at Advocate Good Shepherd Hospital

Education:

- Northwestern University Medical School, Chicago, IL
- Internship & Residency: University of Illinois Metropolitan Group Hospitals, Chicago, IL
- Duke University, Durham, NC – cum laude graduate

Certifications & Memberships:

- Diplomate, American Board of Surgery
- Subspecialty certification in Bariatric Surgery
- Fellow, American College of Surgeons & ASMBS
- Member, Society for Gastrointestinal and Endoscopic Surgeons (SAGES)

Nurse Practitioner Vanessa Manzo

Obesity Medicine Certified

Education & Experience:

- Masters in Nursing, Graceland University, 2019
- Nursing experience since 2014, most recently in internal medicine managing chronic illnesses

Patient Care & Philosophy:

- Focused on improving patients' quality of life, not just treating comorbidities
- Passionate about patient education and long-term health improvement

Specialties & Programs:

- Obesity Medicine specialist
- Manages Medical Weight Loss program with anti-obesity medications for surgical and non-surgical patients
- Provides pre-operative education and leads patient support groups
- Collaborates closely with Dr. Cheregi and Kiersten to guide patients through their weight loss journey.



Kiersten Kern

Bariatric Program Administrator



Meet Kiersten – Your Bariatric Program Guide

Kiersten is a trusted part of the team with over 12 years experience in making your bariatric journey smooth and successful.

What Kiersten Does for You:

Guides you step-by-step through the entire process – from consultations with the **dietitian and psychiatrist** to **scheduling your surgery**.

Navigates insurance on your behalf, including personally calling to verify benefits.

Supports your success, ensuring you have the guidance and encouragement you need to become a healthier you.

Ready to take the next step?

Contact Kiersten to schedule a **bariatric surgery** or **medical weight loss consultation**.

Call: 847-381-8161, ext. 104 **Text:** 847-350-9564

Email: kkern@advancedsurg.net

Dietitians

Certified Fitness and Nutrition experts passionate in educating our patients on their weight loss journey for long-term success!



Audra Wilson, MS, RD,
CSOWM, LDN, CSCS



Jessica Barker, MS, RD



Chrissy Komjathy, MS, RD,
LDN

2026 Facebook Live Info Seminars

🔔 FREE Facebook Live Sessions! 🔔

Ready to take control of your health journey? Join us LIVE and discover how our program sets you up for **long-term success!** 💪

🌟 What you'll learn:

- Key facts about obesity
- Our program offerings & surgical options
- How to know if you're a candidate
- Step-by-step guide to surgery
- Your pathway to lasting results

Don't miss this chance to get **expert guidance**—all from the comfort of your home.

July 15th @ 6:00 PM

Aug 19th @ 6:00 PM

Sept 16th @ 6:00 PM

Patient
Success:
Dionna

4 years post op sleeve surgery! 🎉

👉 Maintaining 100 pound weight loss and showing up everyday. 🐶

💖 Everyday looks different and has its challenges but I don't take this second chance at life for granted.

🙏 Thank you, Dr C and team! Forever grateful! **See less**



July Support Group



Date: July 8th @ 6:00 PM

Location: Zoom

Our very own dietitian Jessica is also a certified personal trainer. During July's support group, she will share Movement Strategies for Success. Cardio, strength, and flexibility training is so important for your bariatric lifestyle. Whether you love going to the gym or prefer your home gym, exercise can be something you truly enjoy. Be sure to tune in for her pro-tips.

August Support Group

For the month of August, we want to encourage everyone to celebrate summer and plan your own outdoor adventures.

🌞 8 Fun Ways to Move More This Summer! 🌞

- 1 Bike Riding 🚲
- 2 Hiking or Nature Walks 🥾
- 3 Swimming 🏊
- 4 Kayaking or Paddleboarding 🛶
- 5 Playing Sports 🏐
- 6 Adventure Parks 🌳
- 7 Gardening 🌻
- 8 Outdoor Dancing 🕺





September Support Group

Date: Sept 23rd at 6:30 PM

Location: Zoom

September's support group will feature dietitian Chrissy sharing helpful tips for eating healthy while on a budget. Groceries are expensive. So, stretching your dollar to receive maximum benefit for the quality proteins and other nutrients you need will be helpful with keeping you on track living your bariatric life.

Patient Success: Stephanie

On Sunday, I hit a personal best — a 22 mile bike ride with my husband. Afterwards, we shared a sandwich and salad together for a simple but perfect little date.

On Sunday, I hit a personal best — a 22 mile bike ride with my husband. Afterwards, we shared a sandwich and salad together for a simple but perfect little date.

I may not be riding at my husband's speed yet, but honestly, I still can't believe I'm even doing this. There was a time when this would have felt impossible. So grateful to Dr. Cheregi and his team for having the Sadi and for losing 170 pounds to date. I finally made it to onederland and holding strong.

For me, biking has become so much more than exercise. It's been part of my comeback story after battling depression and spending years dealing with family court. Closing that chapter and stepping into a new phase of life focused on fitness, healing, and enjoying the people around me has been incredibly freeing.

And the craziest part? 25–30 mile rides no longer feel impossible. They actually feel within reach.





CONSUMER ALERT

KNOW THE FACTS.

Protect Your Health.

The **FDA** has issued warning letters to several telehealth companies regarding potentially false or misleading claims about compounded medications.



ACCORDING TO THE FDA, CONSUMERS SHOULD BE CAUTIOUS OF CLAIMS THAT SUGGEST A COMPOUNDED MEDICATION:

-  Is a “**generic**” version of an **FDA-approved** drug
-  Has been **FDA-approved** or evaluated by the **FDA** for safety and effectiveness
-  Is **clinically proven** to provide the same results as an FDA-approved medication
-  Is sourced from an “**FDA-approved**” or “**FDA-licensed**” pharmacy or outsourcing facility
-  Is being marketed in a way that implies the telehealth company is the **actual compounder**



THE FACTS:

Compounded medications are **not** reviewed by the FDA for safety, effectiveness, or quality before they are marketed.



When considering any weight loss treatment, ask questions, understand your options, and work with healthcare professionals who prioritize education and evidence-based care.

An informed patient is an empowered patient.



Advanced
BARIATRICS

EDUCATE. SUPPORT. EMPOWER.



Summer is Here!



It's that time of year again:

- The sun is shining
- Everything is green
- Meat is sizzling on the grill
- The sides line the picnic table



It is summer and as the temperatures rise, it is a great time to check in on how the season is impacting your progress.



Tips for Traveling

1. Plan for the unexpected:

- Pack plenty of bottled water and a reusable water bottle.
- Be cautious of local tap water and ice quality.
- Bring protein-rich snacks for between meals.
- Prepare for limited healthy food options while traveling.



2. Don't forget to pack the snacks:

- Pack a cooler with healthy meals and snacks.
- Bring high-protein, bariatric-friendly foods.
- Save time and money by avoiding fast food stops.
- Keep convenient grab-and-go options readily available.



3. Scope out the area:

- Research nearby grocery stores, pharmacies, and restaurants.
- Review restaurant menus before arriving.
- Plan walkable activities and attractions.
- Create a flexible itinerary to stay on track with your health goals.

When at Play

Beach Days, Yard Work, Outdoor Fun

1. Stay Hydrated

- Start drinking fluids early and sip throughout the day.
- Stay ahead of dehydration—don't wait until you're thirsty.
- Use zero-calorie electrolyte drinks during prolonged outdoor activity.
- Avoid carbonated beverages and prioritize consistent hydration.

2. Set Reminders

- Schedule reminders to drink water and eat protein-rich snacks.
- Don't rely on hunger or thirst cues alone.
- Prevent dehydration and low blood sugar by staying on schedule.
- Keep nutrition a priority, even while having fun.



Summer Parties

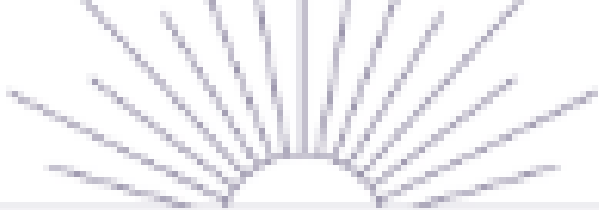
1. Bring a Dish

- Bring a healthy, protein-rich or vegetable-based dish to share.
- Ensure there is a bariatric-friendly option available.
- Choose nutritious appetizers or lighter desserts with fresh fruit.
- Help support your goals while contributing to the gathering.

2. Prep for the Event

- Ask about the menu before arriving.
- Bring backup protein snacks if healthy options are limited.
- Eat regular, protein-focused meals before the event.
- Avoid arriving hungry to help prevent overeating.





STAY
MINDFUL



Summer Parties

3. Take a Lap

- Survey all food options before filling your plate.
- Build a balanced plate with protein, vegetables, and healthy carbs.
- Use a smaller plate to help manage portions.
- Make intentional food choices instead of impulsive ones.

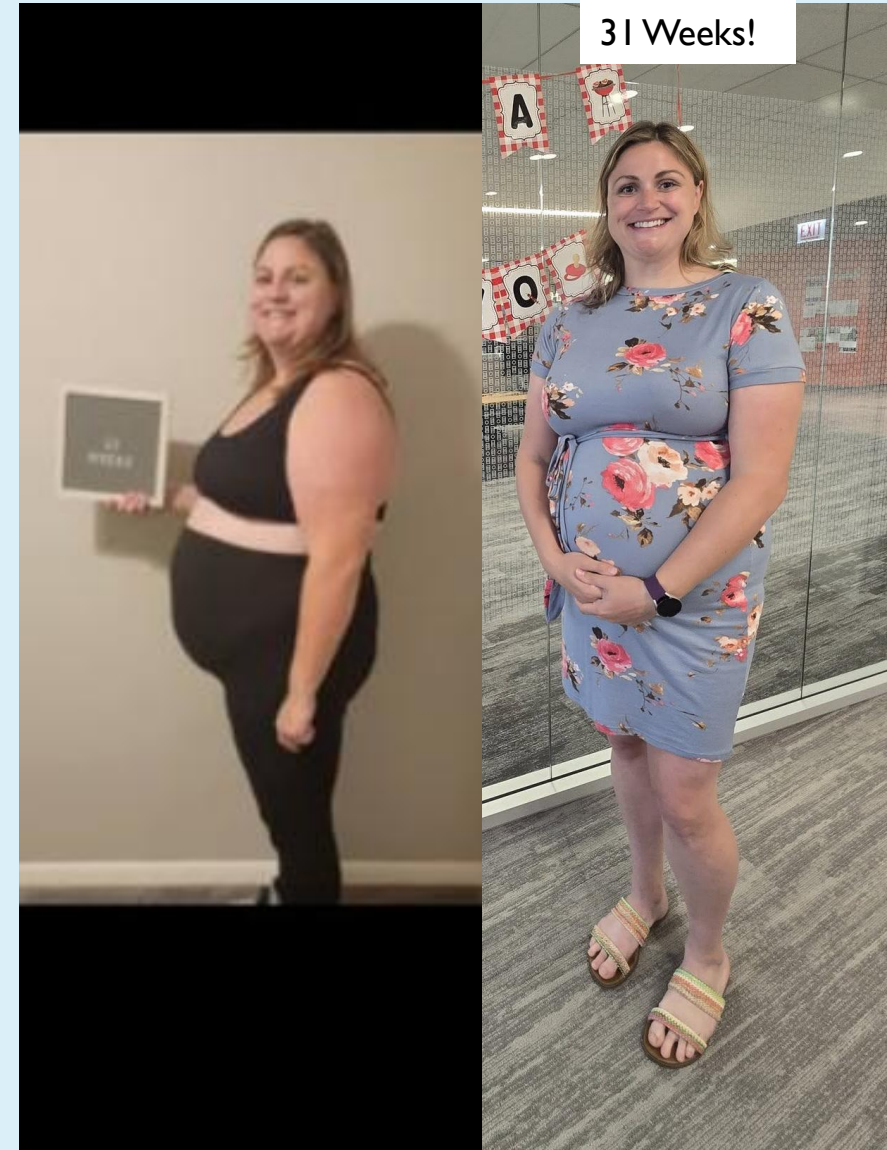
4. Remember Your Rules

- Eat slowly and prioritize protein first.
- Avoid drinking fluids with your meal.
- Take breaks if you feel overwhelmed or pressured.
- Stay mindful of your healthy habits while enjoying the celebration.

Patient Success: Meghan

I feel like pregnancy after bariatric surgery isn't talked about very much. I had surgery because I wanted to get pregnant again. I had irregular periods before surgery. I was also 307lbs when I decided to have surgery so that would not be healthy for baby or I if I did get pregnant. People keep asking me the difference between this pregnancy and my first. I truly can't compare. I was 60-100lbs heavier, depending on how many weeks. I also wasn't chasing a toddler around. But what I can say is this time, I am physically smaller. I am able to mostly keep up with my toddler. Yes, I'm pregnant tired, but my body doesn't hurt (yet) like it did the first time. I've only gained 10lbs in 23 weeks and according to the growth scans, baby is perfectly healthy and on track. Yes, I'm going to have to lose weight again but I just keep reminding myself this was one of the reasons I had surgery in the first place and I will get right back to where I was soon after baby gets here.

Here's a fun comparison- me at 23 weeks with baby #1 (black pants) and today. About a 70lb difference. **See less**





Grilled Jerk Chicken with Mango Avocado Salsa

Cals:326.5 Protein:35 Carbs:15.5 Fat:14 Fiber:4.5

Ingredients for the Chicken

1 tsp olive oil

½ tsp kosher salt

1 tsp brown sugar

3 tbsp jerk seasoning

3 cloves minced garlic

8 boneless skinless chicken thighs (1.5 lbs)

Nonstick cooking spray

Instructions:

Pat the chicken dry and add it to a bowl with the oil. Toss to coat it in the oil and add the salt, brown sugar, jerk seasoning and garlic. Turn the chicken to coat it in the spices and marinate at least 30 minutes.

While that marinates make the salsa. Add all of the ingredients to a small bowl and mix to combine. Cover with plastic wrap and refrigerate until ready to use.

Preheat the grill or a grill pan to medium high heat and lightly oil the grates. Lightly spray the chicken with the nonstick cooking spray. Transfer the chicken to the grill in an even layer. Cook for 3 minutes, until the chicken easily releases from the grill. Flip the chicken and cook for an additional 3 minutes, until the chicken easily releases from the grill. Continue turning, every 2-3 minutes, until the chicken is cooked through and 165 degrees F, 10-15 minutes total, depending on the size of your chicken thighs.

Remove from the grill and serve topped with the salsa.

Ingredients for the Salsa

1 large mango, peeled, pitted, and diced

1 medium avocado, diced

¼ c red onion diced

1 jalapeno, stemmed, seeded, and diced

2 tbsp lime juice

3 tbsp chopped cilantro

¼ tsp kosher salt

You're an Influencer!
Tag us with your success stories @advbariatrics!

As a member of the Advanced Bariatrics family, your journey isn't just about YOU—it inspires everyone around you! 💪

Every healthy choice you make can impact **family, friends, neighbors, and coworkers**. Word-of-mouth referrals are the highest compliment, and we treat every patient like **our own family**. ❤️

Let's make 2026 a year to **break records** and change as many lives as possible! ✨



Leave a Google Review:

Advanced Bariatrics: <https://g.page/advbariatrics/review?gm>

We hope you all enjoyed July's 2026's newsletter. Please share with your family and friends! As always, we love expanding our bariatric family. Contact Kiersten to learn more information and to book a consultation. Follow us on **social media** for the most current information regarding upcoming events!

kkern@advancedsurg.net

Advanced Bariatrics

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Text or Call: 847-350-9564

<https://advancedbariatrics.com/>

Lose up to 80-120 pounds in the first year after surgery!



SCAN ME

Visit the Advanced Bariatrics Website



SCAN ME

Join the Facebook Support Group